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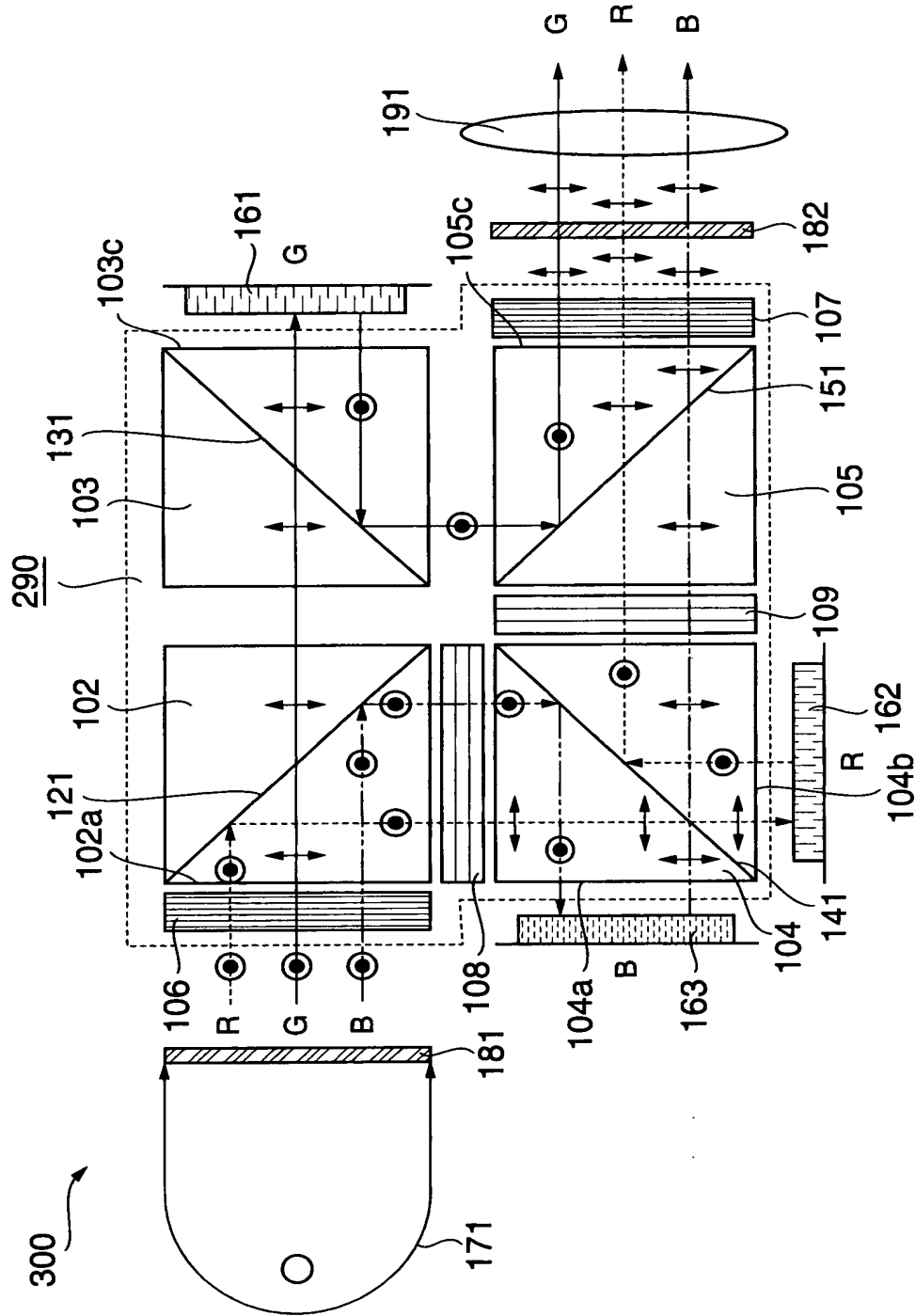


FIG.1 (RELATED ART)

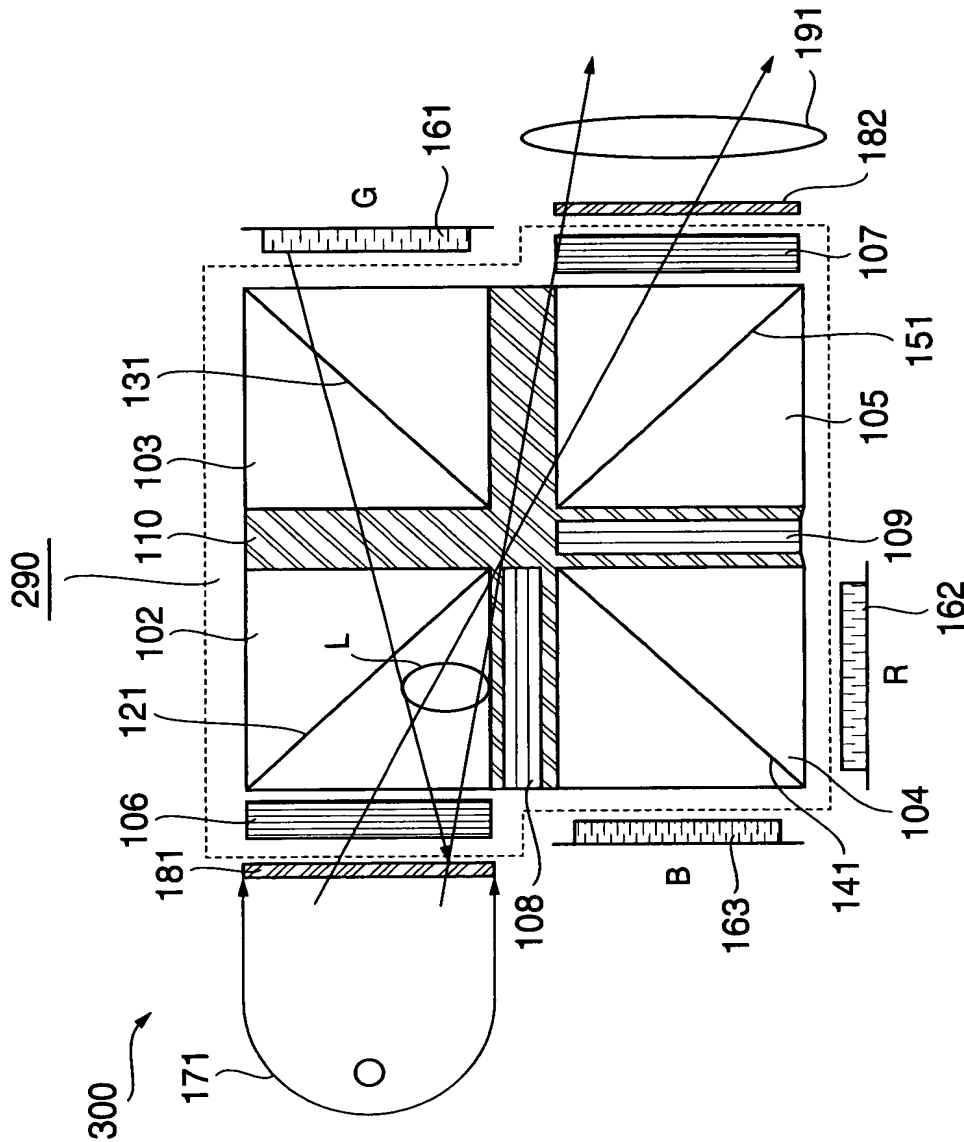


FIG.2 (RELATED ART)

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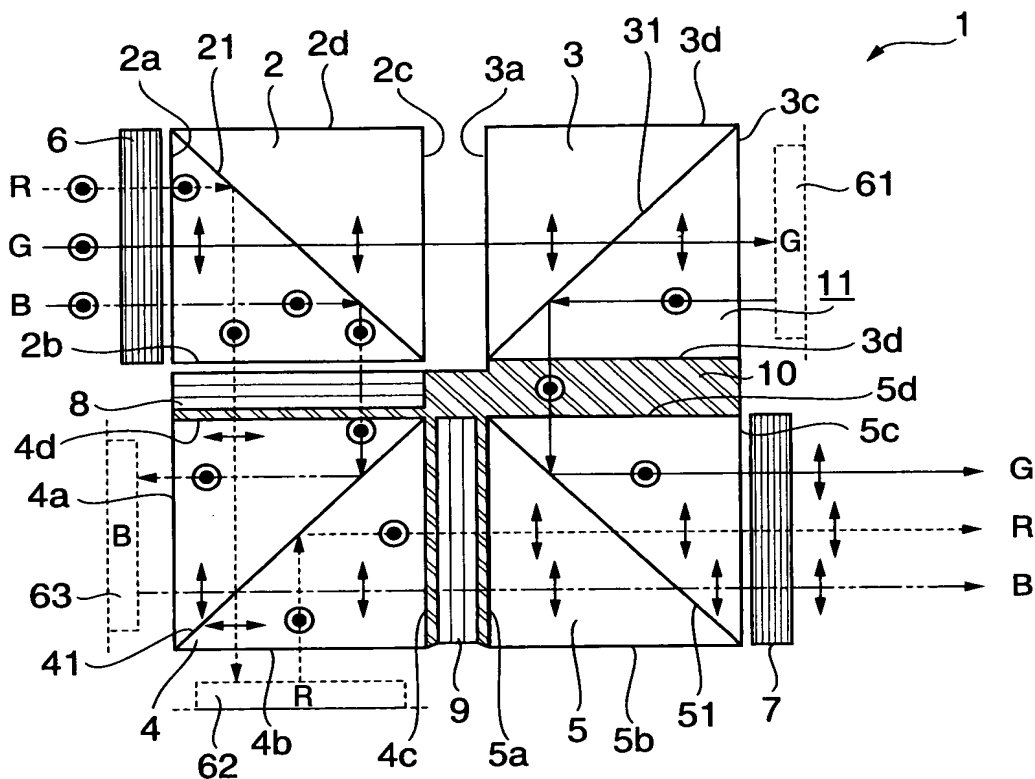


FIG.3

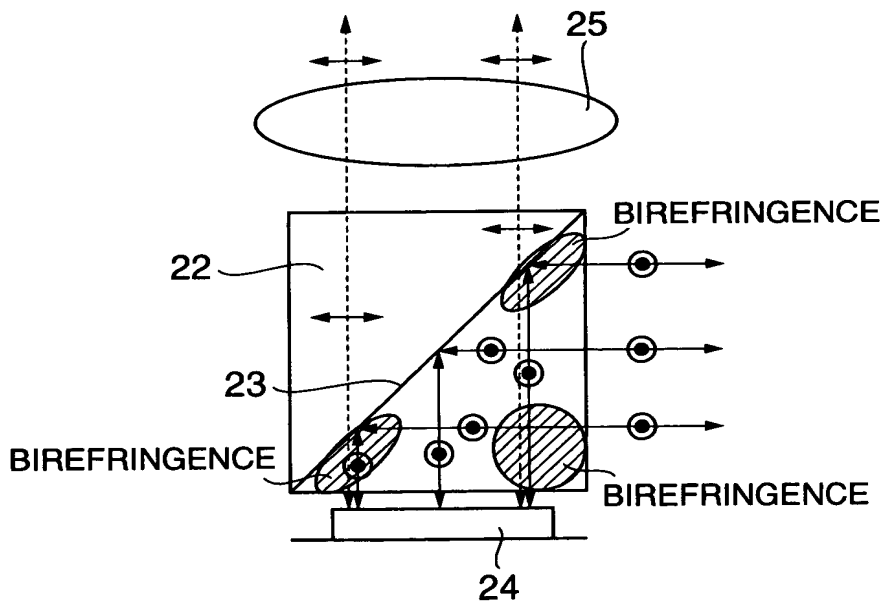


FIG.4

20040307 10042307

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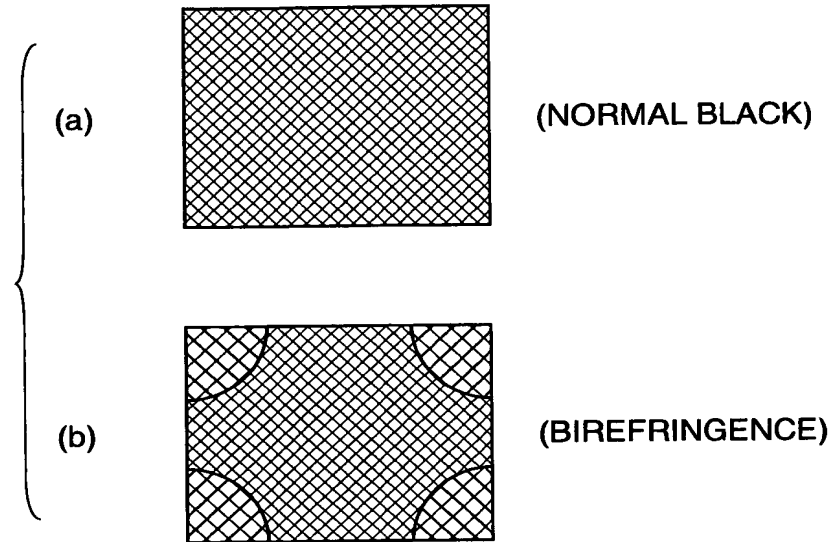


FIG.5

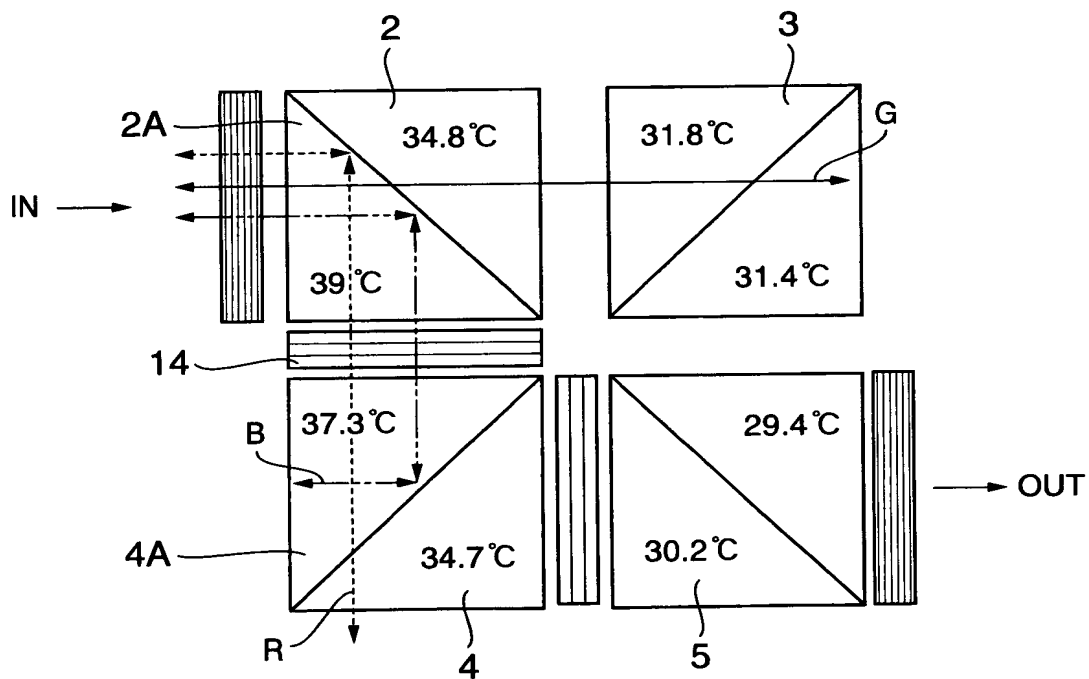


FIG.6

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**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male and 100 female students. The students were divided into two groups: a control group and an experimental group. The experimental group participated in a 12-week training program, while the control group did not. The physical fitness of the students was measured at the beginning and end of the 12-week period. The results of the study showed that the experimental group had significantly higher levels of physical fitness than the control group at the end of the 12-week period. The training program was effective in improving the physical fitness of the students.



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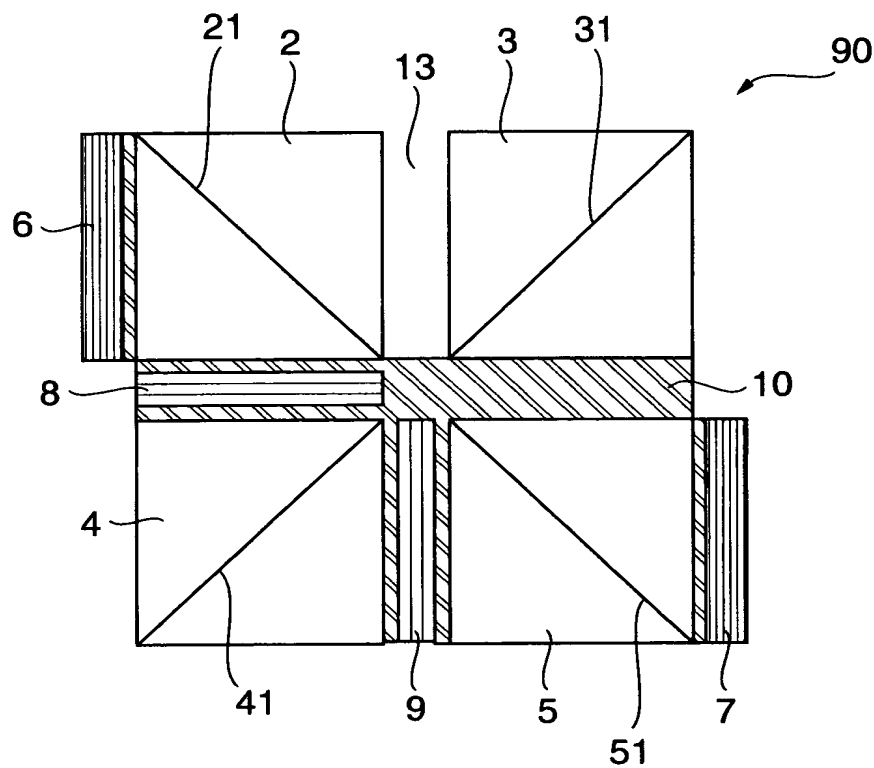


FIG.9

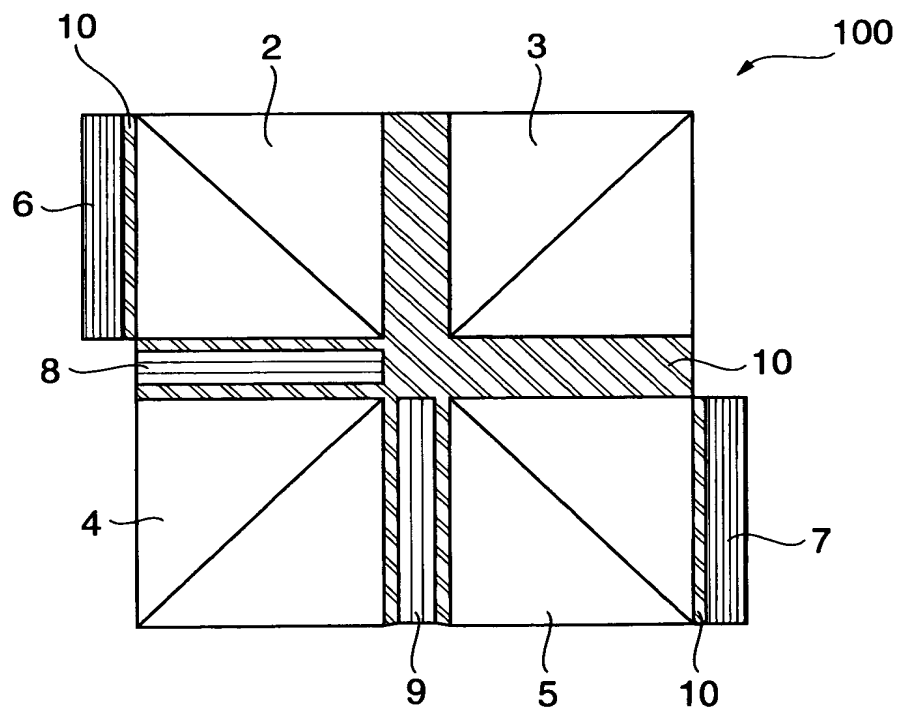


FIG.10

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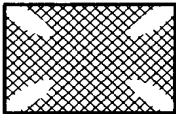
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LIGHT SOURCE	SAMPLE	PBS-OPTO-ELASTIC CONSTANT (10 <sup>-8</sup> cm <sup>2</sup> /N)				RESULTS
		1ST	2ND	3RD	4TH	
100 W	SAMPLE 1	2.77(BK7)	2.77(BK7)	2.77(BK7)	2.77(BK7)	△
	SAMPLE 2	1.8(SF1)	2.77(BK7)	2.77(BK7)	2.77(BK7)	○
	SAMPLE 3	1.36(SF4)	2.77(BK7)	2.77(BK7)	2.77(BK7)	◎
150 W	SAMPLE 4	2.77(BK7)	2.77(BK7)	2.77(BK7)	2.77(BK7)	×
	SAMPLE 5	1.8(SF1)	1.8(SF1)	1.8(SF1)	2.77(BK7)	△
	SAMPLE 6	1.36(SF4)	1.36(SF4)	1.36(SF4)	2.77(BK7)	○
	SAMPLE 7	1.36(SF4)	1.8(SF1)	1.8(SF1)	2.77(BK7)	○
	SAMPLE 8	0.65(PBH6W)	2.62(SF2)	2.62(SF2)	2.62(SF2)	○
200 W	SAMPLE 9	0.65(PBH6W)	1.8(SF1)	1.8(SF1)	2.62(SF2)	◎
	SAMPLE 10	1.8(SF1)	1.8(SF1)	1.8(SF1)	1.8(SF1)	×
	SAMPLE 11	0.65(PBH6W)	2.62(SF2)	2.62(SF2)	2.62(SF2)	△
	SAMPLE 12	0.65(PBH6W)	1.8(SF1)	1.8(SF1)	2.62(SF2)	○
	SAMPLE 13	0.65(PBH6W)	0.65(PBH6W)	0.65(PBH6W)	2.62(SF2)	◎
	SAMPLE 14	0.03(PBH55)	0.65(PBH6W)	0.65(PBH6W)	0.65(PBH6W)	◎
	SAMPLE 15	0.03(PBH55)	0.03(PBH55)	0.03(PBH55)	2.62(SF2)	◎

FIG.11

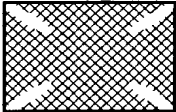
(GRADE)

(EVALUATION CRITERIA)



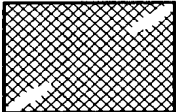
×

USELESS DUE TO MUCH BIREFRINGENCE



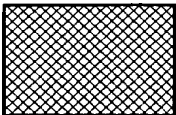
△

USEFUL ONLY FOR LOW-QUALITY  
PROJECTION DISPLAY



○

BIREFRINGENCE NOTICED BY  
CLOSE OBSERVATION



◎

NO BIREFRINGENCE OBSERVED

FIG.12

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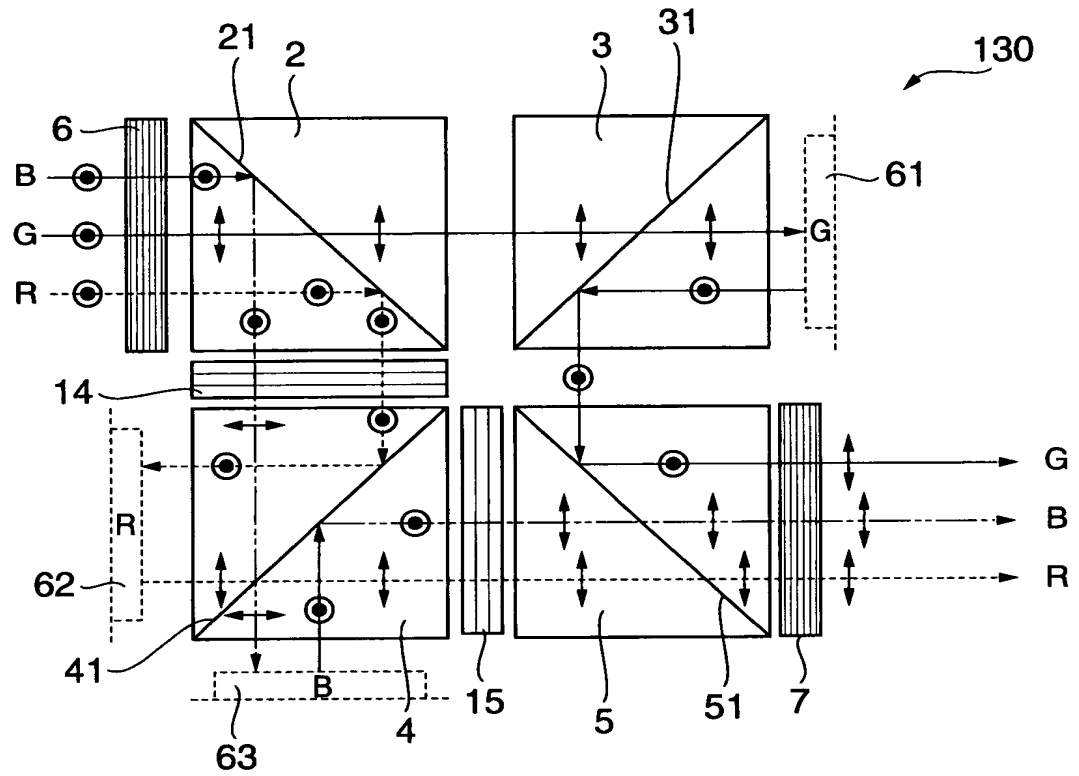


FIG.13

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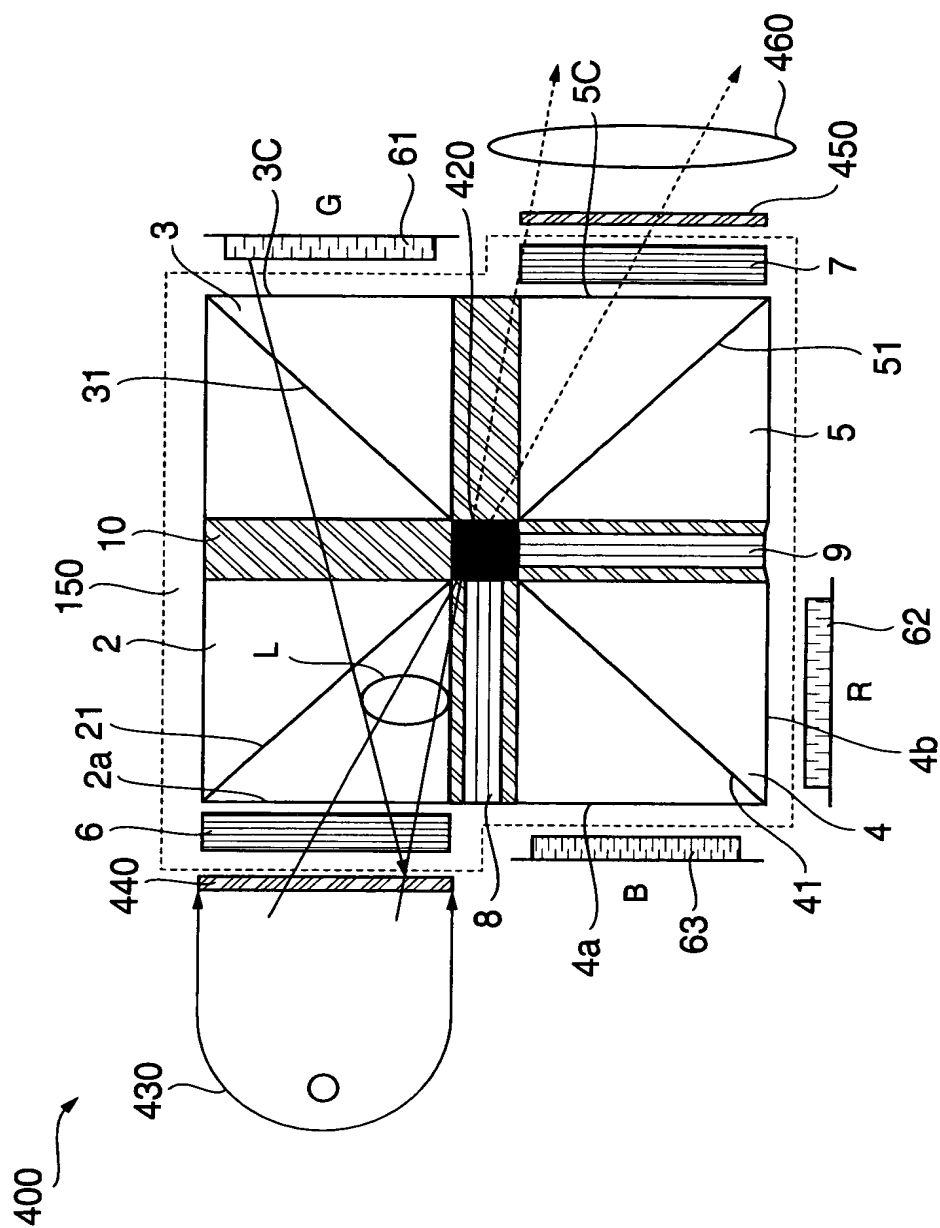


FIG.14

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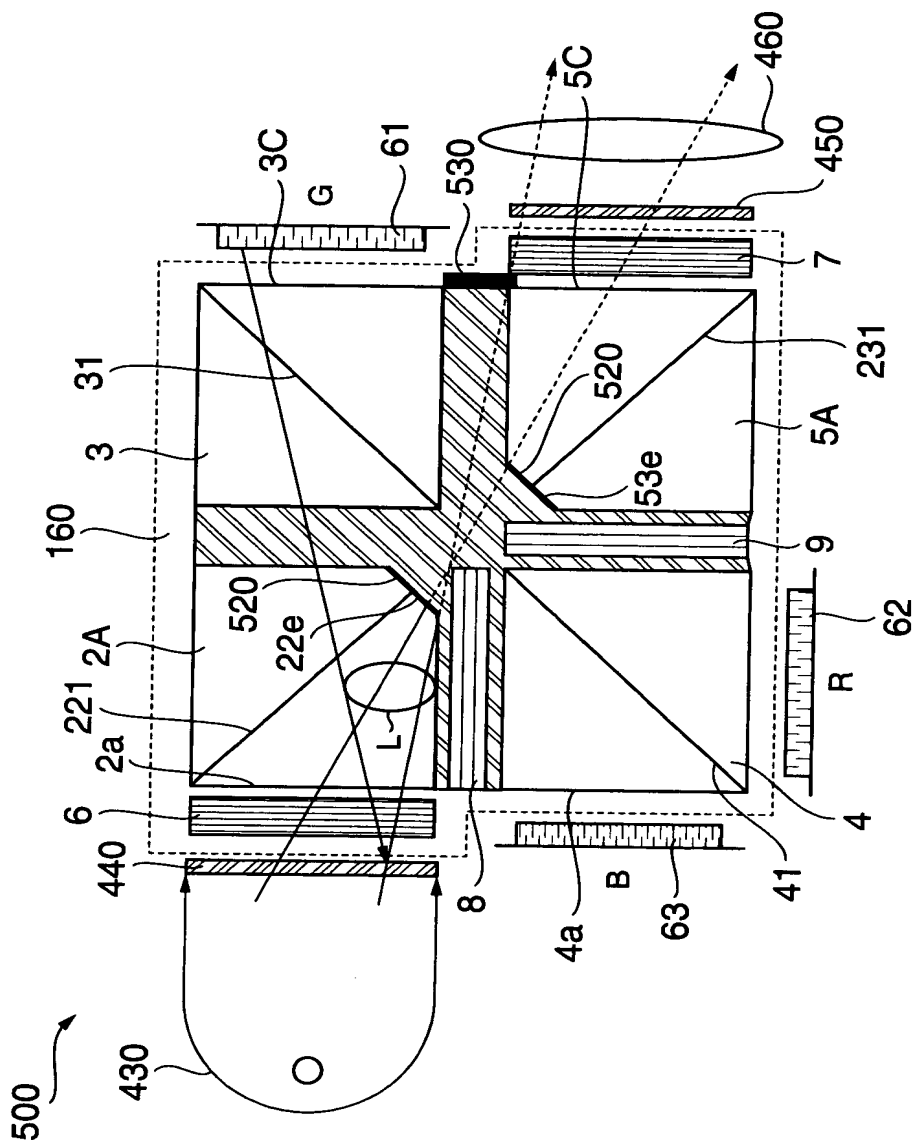


FIG.15





FIG. 17